

### DISCUSS

How familiar are you with Psalm 119?

What from Matt's session deepened your understanding of the background and content of the psalm?

What are the two categories Matt splits verses 1-16 into?

When you consider the phrase "blessed life" what comes to mind? What do you consider important elements of being blessed?

If verses 1-8 describe the blessed life, what does David point out as marks of the blessed life?

Based on these verses, would you say you are living the blessed life today? Why or why not?

What does verse 1 identify as a foundation for those who are blessed?

Are you blameless before God in terms of the way you have lived? Have you kept His Word with your whole heart?

How well do you practice the discipline of confession?

What motivates you to project strength and sufficiency? What fears do you have when it comes to being honest about your struggles?

What does it mean to guard our ways according to God's Word?

# HANDOUT

## Session 1: Psalm 119:1-16

# PSALM 119

What are some practical ways you practice that in your life? What are some ways you could be even more intentional about living in light of God's Word?

What is holding you back from acknowledging the brokenness in your life?

What would change if you did?

How should that truth that God celebrates our progress change the way you think about your own brokenness? In what ways does it encourage you toward greater boldness in confessing where you are weak?

## LIVE IT OUT

**Pray:** Set aside some time this week to pray and ask that God would give you an accurate view of yourself so that you can move forward in genuine confession and repentance.

**Confess:** If the Holy Spirit has convicted you of any sin you have not confessed in your life, seek out a trusted believer this week and bring it to light. Invite them to carry the burden with you and ask them to help you walk in freedom.

**Memorize:** Select 2-3 verses from the passage we studied this week that encourage you to practice regular confession and repentance. Commit them to memory and ask God to call them to mind for you in times when you are tempted to hide from the truth.

**Accountability:** In addition to knowing our starting point, part of moving forward is staying on the right path, which often requires the help of others. This week, reach out to 2-3 trusted believers and begin a conversation with them about forming an accountability group in order to meet together for the sake of staying on the right path in pursuit of Christ.

**Journal:** Sometime this week, sit down and write out the characteristics that marked your life before you met Christ. Then write about how your life has been transformed since surrendering to Christ. Read over your notes and praise God for His grace to you.